

## Natural Chinese Herbs

Natural Chinese herbs and herbal remedies have been used for thousands of years to develop overall quality of human life by improving health, vitality, and life expectancy. They are prescribed to normalize imbalanced energy, or Qi (pronounced 'chee'), that runs through invisible meridians in the body. The effectiveness of these herbs is continually proven as they are used to restore body functions to normal and to treat numerous illnesses. A healthy and hundred percent natural alternatives to expensive and potentially harmful pharmaceutical drugs, natural Chinese herbs are gaining popularity and respect in the field of healthcare.

As opposed to modern western system of treating a disease, the age-old Chinese process believes in holistic healing. The Chinese believe that every living thing is sustained by a balance of two opposing forces of energy, called Yin and Yang. When Yin and Yang are out of balance in the body, this causes a blockage of Qi (a type of energy that flows through our body) and a subsequent illness. Yin and Yang imbalances can be caused by stress, pollution, poor diet, or infection. They further believe that everything including organs of the body - is composed of the five elements: fire, earth, metal, water and wood. Accordingly the herbs used to cure an ailment are classified into the five tastes - sweet, salty, bitter, pungent and sour - which correspond to the five elements.

Herbal remedies being a holistic system, herbalists do not treat diseases, they treat patients. The emotional and spiritual health of a patient, in addition to total wellness, are considered when treating and diagnosing conditions and problems. Apart from prescribing herbal remedies, proper diet and exercise and meditation is also suggested to the patient for restoring the body's proper balance and maintaining optimum health. In some cases, individual patients will require a specific formulation that might even be changed frequently over the course of treatment. In other cases, one or more formulas already prepared for ingestion without modification are selected for use. The outcome is monitored, and the determination of whether to continue the current formula, change to another, or discontinue use is made on the basis of actual versus desired outcomes and the obvious or subtle effects of using the herbs.

Herbs are nature's gift to us. They can be used to reverse the damage we cause to our own body, whilst living a highly stressful and unnatural life. Using natural Chinese herbs can help to rectify this damage and create a new energy and perspective to life and living. For more information on natural Chinese herbs please visit our website [www.longevityherbs.com](http://www.longevityherbs.com).

## About the Author

Bryan is a well known author who writes on the topics related to [Natural Chinese Herbs](#) , [herbal remedies](#)

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